



UCOOK

Paprika Chicken

with roasted butternut & a pea salad

Why make a standard roux if you can impress any guests with a paprika-flour as the base of your homemade sauce, Chef? This lip-smacking liquid will coat butter-basted chicken slices, fried until golden. Sided with oven roasted butternut & onions and a balsamic-dressed greens & pea salad, and given extra flair with chopped chives.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Simple & Save

 Paul Cluver | Village Chardonnay 2022

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel & cut into wedges</i>
1	Onion <i>peel & cut into wedges</i>
40g	Peas
1	Free-range Chicken Breast
15ml	Paprika Flour <i>(5ml Smoked Paprika & 10ml Cornflour)</i>
100ml	Low Fat UHT Milk
10ml	Balsamic Vinegar
20g	Salad Leaves <i>rinse & roughly shred</i>
3g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Milk (optional)

1. ROAST Preheat the oven to 200°C. Spread the butternut and onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. PEAS Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

3. CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. PAPRIKA SAUCE Return the pan, wiped down, to medium heat with 20g of butter. Once melted, vigorously whisk in the paprika flour. Cook out, 1-2 minutes (stirring constantly). Slowly whisk in the milk until the sauce thickens. If the sauce is too thick for your liking, add an extra splash of water or milk (optional). Remove from the heat and season.

5. FRESH SALAD In a salad bowl, combine the balsamic vinegar with 10ml of olive oil. Mix to emulsify. Add the shredded salad leaves and the peas. Toss combine and season.

6. DINNER IS READY Dish up the roasted veggies, side with the chicken slices, and drizzle the creamy sauce over the chicken. Sprinkle over the chopped chives and serve alongside the pea salad. Well done, Chef!



Chef's Tip

Air fryer method: Coat the butternut and onion wedges in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	308kj
Energy	74kcal
Protein	6.9g
Carbs	8g
of which sugars	2.8g
Fibre	1.5g
Fat	1.3g
of which saturated	0.5g
Sodium	21mg

Allergens

Allium, Sulphites, Cow's Milk

Cook
within 3
Days